



World Health
Organization

Commonwealth of the Northern Mariana Islands

GENERAL INFORMATION

Commonwealth of the Northern Mariana Islands have an approximate area of 0.62 thousand square kilometers (UNO, 2008). The population is 62,000 and the sex ratio is unknown (UNO, 2009). It is in the High income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is not known and the per capita government expenditure on health is unknown. Suicide rates and the global burden of disease of neuropsychiatric disorders are unknown.

GOVERNANCE

An officially approved mental health policy exists and was approved or most recently revised in 1997. Mental health is not specifically mentioned in the general health policy.

A mental health plan does not exist.

Dedicated mental health legislation exists and it was initiated or most recently revised in 1994. Legal provisions concerning mental health are also covered in other laws (e.g., welfare, disability, general health legislation etc.).

FINANCING

Precise mental health expenditures by the government health department/ministry are not available. However, it is estimated that approximately 1 % of total health budget is devoted to mental health.

MENTAL HEALTH CARE DELIVERY

Primary Care

Prescription regulations authorize primary health care doctors to prescribe and/or to continue prescription of psychotherapeutic medicines. In contrast, the department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic medicines. Likewise, official policy does not permit primary health care nurses to independently diagnose and treat mental disorders within the primary care system.

The majority of primary health care nurses have received official in-service training on mental health within the last five years. It is unknown whether the majority of primary health care doctors have received official in-service training on mental health within the last five years or whether officially approved manuals on the management and treatment of mental disorders are available in the majority of primary health care clinics. Official referral procedures for referring persons from primary care to secondary/tertiary care exist, as do referral procedures from tertiary/secondary care to primary care.

Mental Health Services

Availability of mental health facilities

	Total number of facilities/beds	Rate per 100,000 population	Number of facilities/beds reserved for children and adolescents only	Rate per 100,000 population
Mental health outpatient facilities	1	1.61	0	0.0
Day treatment facilities	1	1.61	0	0.0
Psychiatric beds in general hospitals	8	12.9	0	0.0
Community residential facilities	1	1.61	0	0.0
Beds/places in community residential facilities	10	16.13	0	0.0
Mental hospitals	0	0.0	NA	NA
Beds in mental hospitals	0	0.0	NA	NA

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	UN	UN	UN
Persons treated in mental health day treatment facilities	UN	UN	UN
Admissions to psychiatric beds in general hospitals	UN	UN	UN
Persons staying in community residential facilities at the end of the year	6.45	50%	0%
Admissions to mental hospitals	NA	NA	NA

Long term care in mental hospitals (% of persons staying):

Less than 1 year	NA
More than 1 and less than 5 years	NA
More than 5 years	NA

Data collected in 2011

UN = information unavailable, NA = item not applicable

HUMAN RESOURCES

Workforce and training

	Health professionals working in the mental health sector Rate per 100,000	Training of health professions in educational institutions Rate per 100,000
Psychiatrists	1.61	0.0
Medical doctors, not specialized in psychiatry	0.0	0.0
Nurses	24.19	UN
Psychologists	6.45	0.0
Social workers	6.45	0.0
Occupational therapists	UN	0.0
Other health workers	16.13	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country/region?	UN	UN
Number of members	UN	UN
Participation in the formulation/implementation of policy/plan/legislation?	UN	UN

MEDICINES

Expenditures for medicines for mental and behavioral disorders

Type of Medicines	Expenditures per year and per 100,000 population (in USD)
All the psychotherapeutic medicines ¹	UN
Medicines used for bipolar disorders ²	UN
Medicines for psychotic disorders ³	UN
Medicines used for general anxiety ⁴	UN
Medicines used for mood disorders ⁵	UN

¹ N03AG01, N05A, N05B, N05C, N06A

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

⁴ N05B & N05C

⁵ N06A

Data collected in 2011

UN = information unavailable, NA = item not applicable

INFORMATION SYSTEMS

	Data on number of people/ activities are collected and reported	Data on age and gender are collected and reported	Data on patient's diagnosis are collected and reported
Persons with mental disorders treated in primary health care	Yes	Yes	Yes
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	NA	NA	NA
Persons treated in mental health outpatient facilities	Yes	Yes	Yes
Contacts in mental health outpatient facilities	Yes	Yes	Yes
Persons treated in mental health day treatment facilities	Yes	Yes	Yes
Admissions in general hospitals with psychiatric beds	Yes	Yes	Yes
Admissions in mental hospitals	NA	NA	NA
Days spent in mental hospitals	NA	NA	NA
Admissions in community residential facilities	Yes	Yes	Yes

Note: a specific report focusing mental health activities has been published by the Health Department or any other responsible government unit in the last three years.

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